



The
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FOUNDATION

empowering people to spread the light of angels, ascension and the sacred mysteries of the universe

**Full moon meditation for Thursday 2nd July 2015
Meet your Star Being Guide**

As our planet raises her frequency, Gaia and humanity are being helped by many different energy beings; Archangels, Ascended Masters, Spiritual Guides and so on. However, sometimes we forget that there are powerful beings from other planets, and OUR home planets, who are also by our side during this process. During this journey you will connect with one of the perfect Star Beings who is watching over you and guiding you along your path on Earth

Find a place where you can be quiet and undisturbed. Close your eyes and take a few deep relaxing breaths. Take all your awareness inside your body. From your heart send down through your body and feet golden roots, which flow down to the very centre of the planet - Let your roots be enfolded around the heart of Lady Gaia and know that you are held in her love. Feel this love flow up through your physical body to your crown ... And as it reaches your crown let this energy flow upwards through your higher chakras ... and continue on up in a golden stream to God. Let the wisdom of Source flow down that golden stream and down through your body, where it merges with your energy. And know you are held in the purest light of wisdom. Now invoke Archangel Michael to place his deep blue cloak of protection around you. Know that you are safe, loved and cherished. Invite your Guardian Angel and any other Angels or Guides you wish to surround you in their light and wisdom.

Take your awareness now to your breathing.....As you breathe in feel a sense of peace and calm and as you breathe out feel any tension you may be holding onto just gently drifting away.....You are feeling relaxed, peaceful and ready to start this magical journey.....

As you sit quietly in this peaceful space you start to see a shimmering rainbow bridge going up, and up, and up towards the sky, up towards the stars, up towards the galaxy.....

See yourself starting to walk along this glittering rainbow bridge, easily and safely, feeling relaxed. Feeling yourself going even further up until in the distance you can see the shape of a bright energy being - It may be a Cosmic Archangel, or a Star Being of 100% pure love and light from another planet, maybe your home planet, the perfect being will present itself to you now.....

Feel the love radiating from this Being, who is so pleased to see you and to connect with you. And together you continue to walk to the end of the rainbow bridge, until you stop at two beautiful crystal thrones.....You both sit and start to communicate with each other. This may be spoken words, telepathy, images transmitted 3rd eye to 3rd eye, or even just a sense of knowing. It will happen in the perfect way for you.....

Now is the perfect time to ask any questions you may have. Ask for any guidance you may need, or allow any information you need to hear at this moment to be transmitted to you.....

Allow some time for this to take place.....

All too soon you know it is time for you to return to the physical realms..... You thank this wonderful Being who has come to meet you. And they bow their head in recognition of the work you are doing here on planet Earth. They remind you that you can always return to speak to them again at any time, you are not alone on your Ascension journey.....They walk you back to the rainbow bridge, handing you a small gift as you part ways. And you now start to walk back down, down, down the rainbow bridge - as they start to travel back up to their planet.....

Continue to walk back down the shimmering rainbow easily and safely, holding in your hand your special gift, which you can now gently place into your heart chakra, knowing that there is an aspect of that Being with you now and forever How blessed you feel

Take your awareness back into the room. Start to gently feel yourself re-connecting with your physical body. Allow a few moments to be in your physical body, as you slowly deepen your breathing.

Feel your golden roots deeply grounding you - thank the Star Being, your Guardian Angel and all the other Angels and Guides who have been with you. With your beautiful deep blue cloak around you and a golden smile of love, open your eyes.

Contributed by Penny Wing, Alicante, Spain